

WHAT IS CLAIMED IS:

1                   1.     1. A nursing pillow comprising:  
2                   a pillow body comprising a medial region and two opposing arms with ends  
3 extending from the medial region to define an inner well region, wherein the pillow body is  
4 sized and configured to permit the medial region to rest on a user's lap, with the ends of the  
5 opposing arms being generally adjacent to the user's waist; and  
6                   a support member disposed across at least a portion of the well region such  
7 that the ends of the arms extend beyond the support member, wherein the support member is  
8 sized and configured to assist in supporting a baby when lying on the pillow body while the  
9 ends of the arms are generally adjacent to the user's waist.

1                   2. A nursing pillow as in claim 1, wherein the support member comprises a  
2 piece of fabric extending across the well region.

1                   3. A nursing pillow as in claim 2, wherein the piece of fabric is generally  
2 aligned with a midplane of the pillow body.

1                   4. A nursing pillow as in claim 1, wherein pillow body comprises a fill  
2 material enclosed in a fabric cover, and wherein the support member comprises a  
3 continuation of the fabric cover that extends across the well region

1                   5. A nursing pillow as in claim 1, wherein the pillow body has a thickness in  
2 the range from about 3 inches to about 9 inches.

1                   6. A nursing pillow as in claim 1, wherein the pillow body has a thickness in  
2 the range from about 5 inches to about 7 inches.

1                   7. A nursing pillow as in claim 1, wherein the well region has a width in the  
2 range of 6 inches to about 9 inches

1                   8. A nursing pillow as in claim 1, wherein the well region has a width in the  
2 range of 7 inches to about 8 inches.

1                   9. A nursing pillow as in claim 1, wherein the well region has a depth in the  
2 range of about 9 inches to about 14 inches, and wherein the support member has a depth in  
3 the range from about 4 inches to about 8 inches.

1                   10. A nursing pillow as in claim 1, wherein the support member has an edge  
2 that is configured to rest against the user's stomach, and wherein the edge is curved in  
3 geometry.

1                   11. A nursing pillow as in claim 1, wherein the opposing arms each have a  
2 width in the range from about 6 inches to about 12 inches.

1                   12. A nursing pillow as in claim 1, wherein the opposing arms each have a  
2 width in the range from about 8 inches to about 10 inches, and wherein the width varies along  
3 the arms.

1                   13. A nursing pillow as in claim 1, wherein the ends of the arms are curved.

1                   14. A nursing pillow as in claim 1, wherein the pillow body is U-shaped in  
2 geometry.

1                   15. A nursing pillow as in claim 1, wherein the medial region has a depth in  
2 the range from about 5 inches to about 9 inches.

1                   16. A nursing pillow as in claim 1, wherein the medial region has a depth in  
2 the range from about 6 inches to about 8 inches.

3  
4                   17. A nursing pillow as in claim 1, further comprising at least one pocket  
5 coupled to the pillow body.

1                   18. A method for supporting a baby, the method comprising:  
2 providing a pillow comprising a pillow body having a medial region and two  
3 opposing arms extending from the medial region to define an inner well region, and a support  
4 member disposed across at least a portion of the well region;

5                   placing the pillow body on a user's lap, with the opposing arms being  
6 generally adjacent to the user's waist;

7                   placing a baby onto the support pillow, with at least some of the baby's weight  
8 being supported by the support member.

1                   19. A method as in claim 18, wherein the baby's bottom or hip is positioned  
2 on the support member, and further comprising nursing the baby.

20. A method as in claim 18, further comprising resting at least one of the user's arms on one of the opposing arms of the pillow body.

21. A method as in claim 18, wherein the support member comprises a piece of fabric extending across the well region, and wherein the baby's bottom is placed onto the piece of fabric.

22. A method as in claim 18, wherein pillow body comprises a fill material enclosed in a fabric cover, wherein the support member comprises a continuation of the fabric cover that extends across the well region, and further comprising positioning the piece of fabric adjacent to the user's stomach.

23. A method as in claim 18, wherein the pillow body has a thickness in the range from about 3 inches to about 9 inches, wherein the well region has a width in the range of 6 inches to about 9 inches, wherein the well region has a depth in the range of about 9 inches to about 14 inches, wherein the support member has a depth in the range from about 4 inches to about 8 inches, and wherein the opposing arms each have a width in the range from about 6 inches to about 12 inches, and further comprising resting the opposing arms on the user's legs.

24. A method as in claim 18, wherein the support member has an edge that is curved in geometry and further comprising placing the edge against the user's stomach.

25. A method as in claim 18, wherein the arms each have curved ends that extend beyond the support member, and further comprising positioning the ends such that they are generally adjacent to the user's waist.

26. A method as in claim 18, wherein the pillow body is U-shaped in geometry, and further comprising resting the opposing arms on the user's legs while the user is sitting.

27. A method as in claim 18, wherein the medial region has a depth in the range from about 5 inches to about 9 inches, and further comprising placing the medial region across the user's legs.

1                   28. A method as in claim 18, further comprising breast feeding the baby while  
2 lying on the pillow.

1                   29. A method as in claim 18, further comprising bottle feeding the baby while  
2 lying on the pillow.

3  
4                   30. A method as in claim 18, further comprising storing an item in a pocket  
5 that is coupled to the pillow body.

## **NURSING PILLOW AND METHODS**

### **ABSTRACT OF THE DISCLOSURE**

In one embodiment, a pillow comprises a pillow body comprising a medial region and two opposing arms with ends extending from the medial region to define an inner well region. The pillow body is sized and configured to permit the medial region to rest on a user's lap, with the ends of the opposing arms being generally adjacent to the user's waist. A support member is disposed across at least a portion of the well region such that the ends of the arms extend beyond the support member. The support member is sized and configured to assist in supporting a baby when lying on the pillow body while the ends of the arms are generally adjacent to the user's waist.

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